887 nobility they have moved as high in position as their inherited potential allows.

886 In appearance he usually grows a chin beard, which comes late, usually not before the age of thirty, and is greying when a man becomes a "shemagalyë" at about 40. At that time he is usually a grandfather.

As ruler at the apex of his own social pyramid, he is limited only by direct physical strength, in which no one expects him to excel. But if a former warrior, he may be vain and not admit his fading physical strength, and try to show that he can still hold up against young men in warlike games. This is the only time when an elder is occasionally mocked, as "wäbärra" (lit. he struts).

888 Dependency in old age is no problem among rural kin groups living on settled land, whether their own or rented. Even in senility, the elder is respected and cared for; even when, as he himself admits, he is "good only for guarding chickens" (tertes alä" - became senile).

888 792 However, dependency of an old woman is a more difficult problem, though she, too, is generally cared for. But since she has no functions of leadership, her status lacks the positive, if she becomes a widow, and is too weak to perform the household labors [145] of women. Also, woman fade physically more rapidly than men. As a result, the "mäbälat" or "baltet", a greying woman past menopause, or widow of serious mind and spirit, often takes vows as a nun, wears the "qob" of a nun though continuing in her old residence, and spends much time in the churchyard, working in the "betelehem" hut where beer and bread for church use are prepared. Nuns are always old women, partly because it is not considered proper for a